

Nottinghamshire Children's Centre Service

Venue Addresses and Telephone Information:

Bingham Children's Centre
Eaton Place, Bingham, NG13 8BE

Abbey and Lady Bay Children's Centre
Abbey Road Primary School, West Bridgford, NG2 5ND

Phone: 0115 977 3749

Email: CC.Rushcliffe@nottscc.gov.uk

Facebook: Link: [Rushcliffe](#) or search: Children's Centre Service Rushcliffe

About Our Groups and Sessions:

Adult Learning – Work Readiness: Courses to help support your confidence and work readiness. Contact the Children's Centre for more information about the courses on offer.

B.A.B.E.S Breastfeeding Group: Meet other breastfeeding and pregnant women, you can also receive support from a trained Breastfeeding Peer Supporter.

Forest School: A specialised outdoor programme that may include: den building, creating fairy gardens, treasure hunts, exploring the outdoor environment, using tools to make jewellery, bug houses etc and more.

Little Talkers: These sessions are for 4 weeks and designed for children aged between 2 – 3 to share ideas and strategies to support development in speech, language and communication.

New Parents Group: this is a 6 week course for new parents. The group will offer you ideas around supporting your child's wellbeing and new ideas for play.

Now I am 2: This targeted intervention is for parents/carers and the children aged 18 months up to the age of 3. The focus of the programme is to promote stimulation and play.

Parenting Programmes: Behaviour Management, Sleep Tight, Incredible Years, Home Safety & Emotional Wellbeing. Contact the Children's Centre for more information and about when these course are running.

PHEW Group: Appointment / referral only sessions (please call the centre). Group for parents who are expecting a child or have a young child where a parent is experiencing low mood, anxiety, finding being a parent difficult, struggling to cope, social isolation and / or loneliness.

Pop Up Stay and Play Roadshows: Open sessions suitable for 0 up to 5 year olds and their parents/carers to enjoy whilst learning and developing important skills.

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What's on Guide Children's Centres Services – Rushcliffe District





Summer Holidays
6th Sept - 17th Dec 2021
(termtime only)

All information is correct at the time of printing,
Information is subject to change after this date

Guide updated: 08/092021



...giving children
the best start

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M O R N I N G	<p>Now I am 2 (Referral only) (4 week course) Keyworth Young Peoples Centre (10-11:15am & 1:00pm—2:00pm)</p> <p>New Parents Group (WEEKLY. Referral only) West Bridgford Young People's Centre 9:45-10:45am</p> 	<p>Parenting Programme. Contact the CC for further information Bingham Children's Centre 9:30-11:30am</p> <p>Little Talkers (Referral only) (14th Sept-5th Oct) Bingham Rugby Club 10:30-11:15am</p>	<p>Self-Weigh (WEEKLY. Booking required) Bingham Children's Centre 9:30am-11:30am</p> <p>B.A.B.E.S Group (WEEKLY. Booking required) Bingham Children's Centre 10am-11am</p> <p>Forest School (Referral only) (4 week course) Abbey Park 10:30am-11:30</p> <p>PHEW Groups (Referral only) West Bridgford Young Peoples Centre 9:45-10:45am & 11:15am-12:15pm</p>	<p>New Parents Group (WEEKLY. Referral only) Bingham Children's Centre 10-11am</p> <p>Dealing with a Feeling (6 week course. Referral only) West Bridgford Young Peoples Centre 9:30-11:30am</p> 	<p>Baby Massage (Referral only) Various venues across the district Contact the CC for further information</p> <div style="border: 2px solid orange; padding: 10px; text-align: center;"> <p>Due to the Covid-19 pandemic, there has been changes to services. Please view social media or contact the Children's Centre for updates on what's running.</p> <p>Apologies for any inconvenience caused.</p> </div>
A F T E R N O O N	<p>Adult Learning Course. Contact the CC for further information Bingham Children's Centre 1-3pm</p> 	<p>Coming Soon Pop up Stay and Play Roadshows (suitable for children aged 0 up to 5 year) Various venues across the district 1:30-2:30pm Contact the CC for further information</p> 	<p>Parenting Programme. Contact the CC for further information West Bridgford Young Peoples Centre 1-3pm</p> <p>PHEW Groups (Alternate. Referral only) Bingham Children's Centre 1-2pm & 2:30-3:30pm</p>	<p>Adult Learning Course. Contact the CC for further information Virtual 1-3pm</p> <p>Self-Weigh (WEEKLY. Booking Required) West Bridgford Young Peoples Centre 1-3pm</p> <p>B.A.B.E.S Group (WEEKLY. Booking Required) West Bridgford Young Peoples Centre 1:30pm-2:30pm</p>	<p>Healthy Start Vitamins / Drops Available to purchase from the Children's Centre. You can also get them at Self-Weighs</p> 